

Squash with Vegetarian Sausage and Rice Stuffing

Recipe of the Month – July 2012



Choosing to use meatless sausage in this recipe saves plenty of fat and saturated fat. That's good news for your heart.

Prep Time: 25 Min

Start to Finish: 25 Min

Makes: 2 servings

INGREDIENTS

1 medium acorn squash
1/2 cup Frozen sweet peas
1/2 cup water
1/4 teaspoon dried thyme leaves
1/8 teaspoon salt
1/2 cup uncooked instant brown rice
3 frozen meatless breakfast sausage patties (from 8-oz box)
2 tablespoons shredded fresh Parmesan cheese

DIRECTIONS

1. Cut squash in half lengthwise; remove seeds. In 8-inch square (2-quart) glass baking dish, place squash halves, cut side down. Cover with microwavable plastic wrap. Microwave on High 9 to 11 minutes or until squash is fork-tender.
2. Meanwhile, in 2-quart saucepan, heat peas, water, thyme and salt to boiling over high heat. Stir in rice; return to boiling. Reduce heat to low; cover and simmer 5 minutes. Remove from heat; stir. Let stand covered 5 minutes or until liquid is absorbed.
3. Heat 8-inch nonstick skillet over medium heat. Add sausage patties; cook 5 to 6 minutes or until lightly browned and hot, breaking up patties into 1/2-inch pieces as they thaw.
4. Fluff rice mixture with fork; stir in sausage links and cheese. Spoon rice mixture into squash halves.

Recipe Provides: Meat & Beans 2oz-equivalents, Vegetables 1c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	360	Calories from Fat:	70
Total Fat:	8 g	Saturated Fat:	2 g	Cholesterol:	0 mg
Sodium:	590 mg	Total Carbohydrate:	52 g	Dietary Fiber:	9 g
Sugars:	5 g	Protein:	20 g		



This recipe was adapted from WWW.eatbetterearly.com